

TOGETHER
we are

 **NAMIWalks**
Capital Region

Saturday, October 3

Start time: 10AM

Washington Park, Albany, NY



Flex your hope muscles and join the vibrant event that's measured in smiles, stories, and strides. **Together**, we'll put the unity in our community and power our local NAMI to victory for everyone living with mental health challenges!



 **nami**
Walks
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NAMIWalks.org/Capitalregion